



OCCUPATIONAL HEALTH

Office of the Chief Health and Medical Officer (OCHMO) – Occupational Health
Monthly Newsletter March 2013

◆ **NASA Occupational Health Meeting Update:** The agenda for the April Occupational Health (OH) Meeting at the Kennedy Space Center is nearly complete. Aside from presentations by OCHMO, the KSC Center Director is scheduled to provide his brief perspective on OH as well as the former Surgeon General of the Navy and other subject matter experts from academia and industry. To view the full agenda, visit the OHP conference web site [2013 NASA Occupational Health Meeting](#). For those interested in attending sessions by webinar, the option is currently being explored and a feasibility determination will be made in the near future. A reminder if you haven't made room reservations yet to do so as soon as possible. This is a peak demand season for rooms due to spring break and rooms will become increasingly harder to obtain. Finally, there will be no shuttle service from the hotel to Kennedy Space Center; all attendees will be responsible for transportation to and from the hotel and KSC. See the [OH Meeting Hotel Information](#) web page for details. Contact [Gail Bantugan](#), the meeting coordinator, for clarification of any other questions not found on the website.

◆ **OCHMO Welcomes New OH Nurse Specialist:** OCHMO is very pleased to welcome Annette Maynard into the NASA Occupational Health Community. Annette steps into the position of Occupational Health Nurse Specialist at the Agency Occupational Health Support Office at Kennedy Space Center; a position recently vacated when Helen Shoemaker retired. Born and raised in Halifax, Nova Scotia, Canada, Ms. Maynard received her Baccalaureate of Science (BSCN) from Dalhousie University in Halifax and wrote her Nursing Certification license Exam (NCLEX) in the state of New York. Her first job was in Calgary, Alberta where she worked in a Medical Surgical unit as a nurse at Calgary Foothills Hospital. Her career has spanned working as a staff nurse and Nurse Educator at King Faisal Hospital in Riyadh, Saudi Arabia; working for the United States Navy as the only designated Occupational Health Nurse at Naval Weapons Station Earle, in Colts Neck, New Jersey; and working in Hawaii on a USN Bureau of Medicine pilot project as the Occupational Health Nurse Case Manager at the Navy Region Hawaii's Human Resources Department. OCHMO is looking forward to working with Annette and based on her diverse experience; we know she will be a huge asset to the OH program.

◆ **Reminder: Mayo Health Portal – Access Ending on March 31:** To assist those who would like to print out health assessments they have completed, a copy of their last health assessment summary report can be saved as a PDF for their personal records or to provide to their personal physician. To see the documents that can be saved/printed, see the instructions below. Please contact Gail Bantugan at 321-867-3164 or gail.a.bantugan@nasa.gov with any questions.

- After signing in, on the home page of the Mayo Clinic portal, click on "My Health" tab at the top of the page.
- The 1st document to print or download is on the right hand side of the page "View, print or save report...Download full "My Health" summary in a PDF format".
- The 2nd document is located at the bottom of this page under "Reports, connections & more"; click on "Reports" and print out the original health assessment report.
- The portal will be open for employees through midnight on March 31, 2013; however, users will not be able to generate any new health assessments.

◆ **Updates to OSHA Laboratory Safety Standard:** OSHA has published revisions to a non-mandatory appendix of its [Laboratory Standard](#) in an effort to better protect today's laboratory workers. Assisted by the National Academies of Science, the updated appendix includes developments in the ways that labs can promote safer handling of chemicals and use safety and health management systems to find and fix hazards before injuries to employees can occur. There is also new information on the hazards of reactive chemicals, physical hazards and risks of working alone. For more information on laboratory safety and the standards requirements, see OSHA's [Laboratory Safety Guidance](#).



◆ **2013 OSHA Targeted Inspection Plan:** OSHA has issued its annual inspection plan of federal agency establishments under its [Federal Agency Targeting Inspection Program](#) directive for fiscal year 2013. FEDTARG directs programmed inspections of federal agency establishments where a high number of workers have been absent due to on-the-job injuries. OSHA will inspect all establishments reporting 100 or more cases where a worker was absent due to injury during fiscal year 2012; 50 percent of those establishments reporting 50 to 99 cases; and 10 percent of those reporting 20 to 49 cases.



◆ **Guide to Clinical Preventive Services:** The Agency for Healthcare Research and Quality (AHRQ) has announced the release of the updated 2012 *Guide to Clinical Preventive Services*, an authoritative source on clinical preventive services centered on the evidence-based recommendations of the U.S. Preventive Services Task Force (USPSTF). The 2012 *Guide* includes the USPSTF's recommendations on clinical preventive services such as screening, counseling, and preventive medications from 2002 through March 2012; topics in development; background about the USPSTF; and additional resources. This edition also includes at-a-glance clinical summary tables for ease of use. Other resources provided for primary care clinicians, include an up-to-date list of Task Force recommendations available through the [A-Z Topic Index](#) on the Task Force Web site and the [electronic Preventive Services Selector \(ePSS\)](#), an application designed to help primary care clinicians identify clinical preventive services that are appropriate for their patients, which can be downloaded to their mobile devices. Click [here](#) to view, download, or order a free print copy of the *Guide*.



◆ **NASA OH Center Review Calendar:**
Marshall Space Flight Center – March 18-22, 2013



◆ **Upcoming OH ViTs & Webinars:**

- Health Promotion and Wellness ViTs – March 6, 1:30-2:30 p.m. EST
- Federal Workers' Compensation Supervisor Training WebEx, **Continuation of Pay, Wage Loss** – March 7, 2:00 – 3:00 p.m. EST
- Employee Assistance Program Quarterly ViTs - March 12, 1:00 – 2:00 p.m. EST
- Environmental Health (EH) ViTs – March 13, 11:00 a.m. – 12:00 p.m. EST
- JSC Fitness/Nutrition/EAP ViTs, **Optimism, Don't Worry, Be Happy!** – March 14, 1:30 – 2:30 p.m. EST
- Federal Workers' Compensation - Supervisor Training WebEx: **Returning Employees to Work:** March 14, 2:00 – 3:00 pm Eastern
- SAARIS CAP Training Refresher for POCs – April 1, 2:30-3:30 EST
- Environmental Health (EH) ViTs – April 10, 11:00 a.m. – 12:00 p.m. EST
- Quarterly Health Physics ViTs – April 17, 1:30-2:30 p.m. EST
- Buy Quiet Roadmap Status Webinar – April 23, 1:00 – 2:00 p.m. EST (Option 1) or April 24, 1:00 -2:00 p.m. EST (Option 2)

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